



Springfield-Greene County  
Health Department  
*Helping people live longer, healthier, happier lives*

**\*\*\*FOR IMMEDIATE RELEASE 7-18-06\*\*\***

***From the Office of the Director of Health***

### **Excessive Heat Warning Issued**

Based on the National Weather Service's prediction of reaching a heat index above 105°F today, Wednesday and Thursday, the Springfield-Greene County Health Department has issued an Excessive Heat Warning.

Severe hot weather conditions may cause heat-related illnesses such as heat exhaustion and heat stroke. Already this summer seven Greene County residents have sought emergency room treatment for heat-related illnesses.

To protect yourself against heat-related illnesses:

1. Drink plenty of fluids – particularly water – to keep your body hydrated, even if you do not feel thirsty
2. Avoid strenuous work or exercise outside during the hottest part of the day (If that is not practical, take frequent breaks and remember to drink plenty of water.)
3. Wear light colored, light-weight, loose fitting clothing
4. Eat small, frequent meals. Avoid high protein foods, hot foods and heavy meals
5. Avoid drinks containing alcohol or caffeine
6. Check on the elderly, young children and pets
7. Never leave infants, children or pets in a parked vehicle
8. Do not rely on fans as your primary cooling device (If you do not have air conditioning visit a shopping center, public library, community center or other air-conditioned facility.)
9. Avoid sitting directly in front of a fan (Fans re-circulate room air and may actually increase your body temperature and your risk of heat-related illness.)
10. Check with your pharmacist or doctor to find out if medication you are taking puts you at increased risk for heat-related illnesses

Common signs and symptoms of heat-related illnesses include:

heavy sweating	dizziness	fainting
growing pale	headache	nausea or vomiting
muscle cramps	exhaustion or weakness	fatigue

Each year more people in the United States die from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined. Groups especially at risk are the elderly, chronically ill, children under 4 years old and anyone who works or exercises vigorously outdoors.

**For more information, contact:**

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